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Communities on alert for deluge

Flooding concerns.

'A lot of water coming,' says town official as Radisson, Borden join Maidstone in declaring states of emergency

Three Saskatchewan municipalities have declared states of emergency as rising floodwater threatens homes.

The town of Radisson and the village of Borden, which are both located just northwest of Saskatoon, declared emergencies on Monday afternoon.

Radisson town councillor Dave Summers says people in the community have been sandbagging and putting up barriers since Saturday, but the water "is rising rapidly."

"There's a lot of water coming, there's more to come, but we went into a state of emergency because we're going to have homes flooded if we don't so we're trying to prevent that," Summers said.

"Some homes may still flood and we have some people on evacuation standby."

Summers says 10 to 15 homes, possibly more, and a seniors villa might have to be evacuated depending on how the water rises. Volunteers are helping residents move things out of their basements to higher floors, he said.

"The water is coming. We know we're going to get more within this week and whenever it warms up again because the snow isn't all melted," he said.

Radisson and Borden join the town of Maidstone, located further northwest along Highway 16, which has also declared an emergency because of flooding.

The communities are in an area that the Water Security Agency had warned would likely see flooding due to very high spring run-off.

THE CANADIAN PRESS

Eleven people on a VIA Rail train are safe after a derailment near Togo, in eastern Saskatchewan, that appears to have been caused by water. VIA spokesman Jacques Gagnon says the train went over a section of track that had been washed out on Sunday near Togo. THE CANADIAN PRESS/HANDOUT, SASKATCHEWAN RCMP

Track washed out

Derailed

On Sunday evening, a VIA Rail train derailed in eastern Saskatchewan near the community of Togo after the train went over a section of track that had been washed out.

"That was caused by some wearing away of the bed along the tracks and (it) just couldn't take the extra pressure of the train there," said Duane McKay, Saskatchewan's commissioner of emergency management.

The train was heading to Churchill, Man., from Winnipeg with seven passengers and four crew. No one was hurt.

THE CANADIAN PRESS

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CBC

Survey to help planners predict traffic flow in city

Research. The survey involves speaking to residents in nearly 35,000 homes in Saskatoon

The city's administration and finance committee agreed on Monday to spend $318,150 to have Ipsos Reid survey 35,000 homes — roughly three per cent of the population — collecting information about how people travel within the city.

Transportation branch manager Angela Gardiner said data collected will enable the city to update the transportation demand model, which is used to predict traffic flow throughout the city, allowing city planners to determine infrastructure needs as the city continues to boom.

"That model was created in 2008 based on data that we had at the time. Since then, with the city growing, we've needed to make some improvements to that traffic demand model. This household traffic survey will allow us to do that in an accurate manner," Gardiner said.

Slated to begin this fall, the survey will assess how people, rather than vehicles, move around the city using cars, buses, bikes and more.

"The city is moving towards moving people as opposed to just moving vehicles … We want to better capture how people are moving around the city," said Gardiner.

Part of the survey process will include an on-board transit survey where researchers will ride a bus, interviewing passengers and taking data about where and when people get on or off the bus.

There are also plans to work with outlying communities, such as Warman, so people who commute into Saskatoon can be included within survey results.

City council is expected to make a final approval on the survey at its next meeting on May 6.

JANE CAULFIELD/METRO

Traffic seen on Circle Drive in Saskatoon. The administration and finance committee approved spending $318,150 on a survey that would help city planners better predict traffic flow in a booming city. FLICKR.COM: JORDON COOPER

Cold spring creates problems for producers

Winter conditions still exist in some parts of the province and this is posing problems for Saskatchewan producers. NORM HALL/CONTRIBUTED

It may be a tough year for the province's agriculture producers as the cooler, wetter spring has pushed back seeding for farmers across Saskatchewan.

According to Norm Hall, president of the Agriculture Producers Association of Saskatchewan, some farmers have been set back anywhere from two weeks to a month because of the dismal spring and he said concern is growing among producers.

"On a normal year, the earlier you plant, the better the yield," Hall said. "So if things are set back that two, three, four weeks, that puts seeding into mid- to late May, if not into June, and normally with June seeding, you're looking at your yields trailing off really quickly."

He said late seeding can mean producers could be met with problems because of frost, or even snow on the other side of the growing season.

"It's maybe not the worst-case scenario, but it's a very bad case scenario," Hall said, noting the weather is starting to take its toll on producers' attitudes as well.

"It's extreme frustration turning into a fair bit of concern and that fair bit of concern is probably going to be going into the next step past concern in the next short while," he said.

Although the warmer weather over the weekend was positive for producers, Hall said Saskatchewan is still saturated with melt water so it could still be a few weeks before producers can start planting. MORGAN MODJESKI/METRO

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From omnibus to 'minibus'

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny. But the official opposition says the legislation still needs to be chopped up. Here are five things you need to know about the changes.

THE CANADIAN PRESS

1 Tories under fire

The Conservatives faced intense criticism over their so-called "omnibus" budget bill last year, which was stuffed with a laundry list of policy measures. The NDP and the Liberals introduced more than 1,000 amendments to register dismay with both the process and the content.

2 Shedding about three quarters

Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

3 Keeping Canadian jobs for Canadians

After weeks of public outcry over the scarcity of Canadian jobs, changes to the Temporary Foreign Workers program increased the lengths to which employers must go to find Canadian staff before they're allowed to bring in foreign labour.

Employers will no longer have flexibility to set the wages for foreign labour, calling a halt to what was known as the 15 per cent rule, Immigration Minister Jason Kenney told a news conference.

That rule allowed businesses to pay foreign workers up to 15 per cent below median wages, if that's what they were paying Canadians.

The Conservatives are also calling a temporary halt to a program that fast-tracked the ability of some companies to bring in workers from outside Canada through what's known as an accelerated labour market opinion.

4 Trimming down the bureaucracy

Flaherty is also warning of more job cuts in the federal public service.

"We have a lot of duplication of government services. And, as you know, we have a plan which has been set out in the last two budgets to reduce the size of our own spending by something less than five per cent," said Flaherty.

5 Hold the cuts: Budget officer

At the same time, the parliamentary budget officer's latest report is warning that the government's cuts will act as a drag on both job creation and economic growth.

The report predicted the government will announce an even bigger surplus — $3.7 billion rather than $800 million — in the critical 2015-16 year when the Harper government is to face the electorate in a fall vote.

Bangladesh factory. Loblaw to compensate building collapse victims

The only Canadian retailer to publicly acknowledge it used a manufacturer in a poorly made Bangladeshi building that collapsed and killed hundreds last week said Monday it will pay compensation for the families of victims.

Loblaw Inc. — which had some products for its Joe Fresh clothing line made in one of the garment factories in the building — said it aimed to ensure victims and their families "receive benefits now and in the future."

"We are working to ensure that we will deliver support in the best and most meaningful way possible," company spokeswoman Julija Hunter said.

At least 382 people died after the illegally constructed eight-storey Rana Plaza collapsed in Savar, Bangladesh, on Wednesday. About 2,500 survivors have been accounted for.

THE CANADIAN PRESS

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Kosovo. Prosecutor calls for law against buying human organs overseas

Ottawa must pass legislation barring Canadians from buying human organs in foreign countries, a Canadian prosecutor who led a landmark case against several traffickers in Kosovo said Monday.

While the commercial trade of human organs is illegal in most countries, there is no law banning Canadians from taking part in so-called transplant tourism, Jonathan Ratel said from Kosovo's capital, Pristina.

"It is not illegal for Canadians to exit their own country and travel abroad to the sub-continent, to Asia, to Africa and to Eastern Europe and purchase organs there on the black market for transplantation and then return home to Canada," he said in a phone interview.

Organ trafficking

"Parliament needs to clearly look at legislation banning (Canadians) from ... engaging in what's called transplant tourism."

Canadian prosecutor Jonathan Ratel

Ratel, who works for the European Union's rule of law mission in Kosovo, brought charges against seven people suspected of running an international organ-trafficking ring that took kidneys from poor donors lured by financial promises. THE CANADIAN PRESS

Dismemberment case

Luka Rocco Magnotta to stand trial in fall 2014

The trial of accused killer Luka Rocco Magnotta will begin in September 2014, more than two years after his arrest in the death of university student Jun Lin.

Magnotta appeared on Monday in a Montreal courtroom, where his jury trial was set for Sept. 15, 2014. It is scheduled to last six to eight weeks.

Defence lawyer Luc Leclair requested an earlier start date and even asked the judge whether April 2014 would be a possibility. Justice Andre Vincent replied that nothing was available before September.

THE CANADIAN PRESS

Gas blast rocks Prague

A paramedic helps an injured woman after an explosion in downtown Prague, Czech Republic, on Monday. A powerful blast believed to be a gas explosion ripped open an office building in the city centre, injuring at least 35 people and sending shock waves through the Old Town tourist district. PETR DAVID JOSEK/THE ASSOCIATED PRESS

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New York City

World Trade Center to get last pieces of spire installed

One World Trade Center, the skyscraper that replaces the fallen twin towers in New York City, is about to receive the last pieces of its crowning spire, a 124-metre structure partly built in Canada. THE ASSOCIATED PRESS

The top of One World Trade Center is shown under construction on April 26. THE ASSOCIATED PRESS

Montreal

BMO to open tiny bank branches

The Bank of Montreal is launching a plan to open tiny bank branches that will be staffed by just a handful of employees.

Chief executive William Downe says the bank is opening what it calls a "studio" branch next week in a Montreal condo building. The 900-square foot location will have just four employees. Downe says the branch is integrated into the condo development.

BMO has test-marketed the "studio" branch model in Quebec with the intention of extending it right across its footprint, Downe told a Canadian Club luncheon. He says the bank has to connect with customers where they live.

THE CANADIAN PRESS

Market Minute

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GOLD $1,467.40 US (+$13.80)

Natural gas: $4.38 US (+23¢)
Dow Jones: 14,818.75 (+106.20)

CBC exec is Twitter-bound

#careermove. Kirstine Stewart to be managing director of Canada at microblogging service

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years.

The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

Stewart says she's had some of the happiest moments of her life at the CBC and has been "honoured to represent such an important name to Canadians."

THE CANADIAN PRESS

Kirstine Stewart THE CANADIAN PRESS FILE

Now hiring

- Twitter Canada is also looking to hire an Account Executive and an Account Manager. For details, check out twitter.com/jobs/positions.

Abuzz about EU bee protections

Protesters dressed as bees gather on Parliament Square on April 26 in London, England. On Monday, the European Union announced plans to restrict the use of three pesticides to better protect dwindling bee populations. The move was cheered by environmentalists, questioned by chemical companies and came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict three neonicotinoid pesticides on plants and cereals that attract bees. Beekeepers have reported an unusual decline in bees over the past decade, particularly in Western Europe, according to the European Food Safety Authority. It says bees are critically important to the environment, sustaining biodiversity by providing pollination for a wide range of crops and wild plants, including most of the food crops in Europe. DAN KITWOOD/GETTY IMAGES

Virtual help. Google Now takes on Siri

Google is trying to upstage Siri, the sometimes droll assistant that answers questions and helps people manage their lives on Apple's iPhone and iPad.

The duel began Monday with the release of a free iPhone and iPad app that features Google Now, a technology that performs many of the same functions as Siri.

It's the first time that Google Now has been available on smartphones and tablet computers that aren't running on the latest version of Google's Android software. The technology, which debuted nine months ago, is being included in an upgrade to Google's search application for iOS, the Apple Inc. software that powers the iPhone, iPad and iPod Touch. It's up to each user to decide whether to activate Google Now within the redesigned Google Search app, available through Apple's app store. THE ASSOCIATED PRESS

Dubrovnik. Referendum fails to stop golf complex

A landmark referendum held in Croatia has failed to derail plans for the construction of a large golf complex that could change the face of the ancient walled tourist resort of Dubrovnik.

Officials said Monday the referendum failed because only 31 per cent of Dubrovnik voters cast their ballots on Sunday. The official requirement for the vote to be valid is at least a 50 per cent turnout.

The result means that the $1.46-billion golf course designed by Australian golfing legend Greg Norman — which includes villas, hotels, tennis courts, a horse-riding club and restaurants — will be built on the rocky Srdj hill above the historic town.

"Golf will be played on Srdj after all," said Maja Frenkel, the head of Razvoj Golf, the main Israeli investor group behind the project.

The referendum was only the third such vote in Croatia since 1991, when it voted to secede from Yugoslavia. It voted last year to join the European Union. THE ASSOCIATED PRESS

Dubrovnik old town is pictured from Srdj, the hill above the city where the golf course is to be built. THE ASSOCIATED PRESS

Social media

Mexicans fed up with string-pulling

A Mexican official's daughter has caused a scandal by sending inspectors to shut an eatery that didn't give her the table she wanted.

Many people say string-pulling and influence-wielding are all too common in Mexico, where arguments with politicians' relatives often end with the threatening phrase, "You don't know who you're messing with." The difference now is that with social media, such incidents go viral and force immediate reaction.

"As a society, we are fed up with, disgusted with this," said writer Guadalupe Loaeza. "This is an attitude of the past; it doesn't fit with the times."

THE ASSOCIATED PRESS

Economist advocates family income-splitting with a twist

A controversial federal policy that would allow families to split their incomes for tax purposes would make a lot of sense, as long as it is accompanied by other measures so that the benefits would be shared by all kinds of families, says University of Calgary economist Jack Mintz.

In a research paper, Mintz and doctoral student Matt Krzepkowski argue that the current tax system is unfair because it penalizes single-earner families.

"Given that Canada's income system aims to treat people in similar circumstances as equally as possible, it is certainly time to let couples split their income so they do not face a penalty in higher tax rates than those faced by couples bringing home the same amount of total pay," they write.

But they say the tax reform should also recognize that single-earner families have some advantages that dual-earners do not, such as more unpaid time spent raising children and taking care of the home.

The research paper raised eyebrows even before it was published Monday, mainly because it was being showcased on Parliament Hill by the socially conservative Institute for Marriage and Family Canada. THE CANADIAN PRESS

Campaign promise

- The Conservatives pitched the family income-splitting idea in the last federal election campaign, saying they'd allow individuals to transfer up to $50,000 to a spouse as long as they had at least one dependent child under 18.
- However, since the measure would cost billions every year in foregone tax revenue, the Conservatives said they would not implement the measures until the federal deficit was eliminated.

VOCAL FRYING WITH THE KARDASHIANS

SHE SAYS

Jessica Napier
metronews.ca

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual, breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

Researchers at University College London recently conducted a study on human vocal attractiveness in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep, low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctively favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to Valley Girl up talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low gravelly sound.

This so-called "creaky voice" has been popularized by young female celebrities such as Zooey Deschanel and Britney Spears and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long, drawn-out words at the ends of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her guttural vibrato, and perhaps her low-pitched rattling voice has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most but how you say it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

When being a crybaby pays off

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

No babies were harmed in the making of this contest

It's a sound that fills most parents with dread, but at the annual Naki Sumo — crying-baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring the children to the event, where sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.

If both babies cry, the loudest wail wins.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Keeping bad spirits at bay

Participating parents believe the sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits.

EXPRESS.CO.UK

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face-to-face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

Themoth.org:

Arguably one of the longest-running story telling events, The Moth has been hosting "story slams" since 1997. Though it started it N.Y.C., it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune in wearing PJs, the podcast gives you the best of both worlds. @TheMoth

Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: no notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

StoryCorps.org

One of the biggest oral-history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site. @StoryCorps

Comments

RE: Prof wants to test benefits of nose-picking, published April 24

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.
Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...
James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...
George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. **NO_MAS_BS, posted to metronews.ca**

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DVD reviews

Silver Linings Playbook

Director. David O. Russell

Stars. Bradley Cooper, Jennifer Lawrence, Robert De Niro

●●●●●

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

Neighbouring Sounds

Director. Kleber Mendonça Filho

Stars. Irma Brown, Sebastiao Formiga, Gustavo Jahn

●●●●○

Do you define the sound of anxiety as the steps of an approaching person, the bark of a restless dog or the din of an incessant music box? How about an upbeat pop song played at a downbeat moment? In Neighbouring Sounds, the feature debut by Kleber Mendonça Filho, it's all of these things and more. The gifted Brazilian writer/director uses sound almost as a character in his film, which won two prizes at the 2012 Rio Film Festival.

PETER HOWELL

Authentic LL Cool J

New album. On the heels of Accidental Racist, veteran rapper talks charts, controversy and always trying to prove himself

LL Cool J says Accidental Racist, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial Accidental Racist collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined Accidental Racist is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" the 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

With his new album, Authentic, out today, LL Cool J talks bucking rap trends, ignoring the charts and, yes, the overwhelming response to Accidental Racist.

The album features collaborations with artists across all genres — you've got Eddie Van Halen, Bootsy Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't want to make an album that was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

You've said this is the first time you made a record without worrying about charts. Why?

Because, man, if it was all about charts and numbers and airplay and all that stuff, then I would have went and tried to bribe all the youngest, hottest artists to be on the album. In terms of whoever the current top star is, the normal cast of players. But I just feel like that can come off a bit contrived and be a bit incestuous, you know what I'm saying? It just is not where I'm at as an artist. I just felt like, you know what, I'm going to have to take the bull by the horns and make music for myself, and not be concerned with charting and positions and what people think about the scan. I didn't consider any of that. I just made something from the heart.

I wanted to break out of all those moulds and all those boxes we put hip hop records in, and do something special, something that would mean something in 20 years.

Your song with Brad Paisley, Accidental Racist, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful. THE CANADIAN PRESS

LL still out to impress

"Oh man, I definitely have something to prove. The thing I have to prove is that I can make a great record. ... That'll never go away. I want to show people I have the ability to make great music. I always have something to prove. Without a doubt. And as an artist, all we want to do is see people happy when they listen to the music and know that they enjoy the music. That's a wonderful feeling."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Johnny Depp. ALL PHOTOS GETTY

Are Depp and Rum Diary co-star Heard back on?

It looks like Johnny Depp and his Rum Diary co-star Amber Heard are back together, as the rumoured couple was spotted hand-in-hand at the Rolling Stones' surprise concert at a small Los Angeles club over the weekend, according to E! News. Depp and Heard were rumoured to be dating shortly after Depp's split with his girlfriend of 14 years, Vanessa Paradis, though reps for both parties have refused to comment on the relationship.

Miley Cyrus

Cyrus happy to be engaged and tight lipped

Despite rumours of trouble between them, Miley Cyrus says being engaged to Liam Hemsworth feels like the most natural thing in the world — but she wants to keep it to herself, according to Elle UK. "We have a house together and dogs," she tells the magazine. "It just seems right to be wearing this ring and to be committed. But we keep our relationship low-key and don't talk about it anymore."

Not talking about things as much seems to be a new guiding principle for Cyrus, who has scaled back on the personal nature of her Twitter output. "We were too nice to the world and gave them too much insight and I just don't feel like they get that privilege anymore," she says. "Like on my Twitter, I'm much more ... not conservative, but don't get that personal stuff anymore."

Twitter

@MARLONWAYANS

I feel bad for every chick over 25 in a club ..... Get out of there!!!

@MissKellyO

If there was an award for a twitter member with the worst spelling/typos i would win it!

@mindykaling

It is gorgeous in New York right now, I'm scared I'm going to get swept up and look at real estate here

The Word

Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager, Benny Medina, approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and J.Lo — at this time. She's looking for possible schools for the kids in Los Angeles at the moment." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.

Clint Eastwood

Ring-less Eastwood adds fuel to marriage woe gossip

Clint Eastwood's latest fashion choice hasn't helped quell rumours that he and wife Dina are on the outs. The 82-year-old actor and director has been spotted around Los Angeles recently without his wedding ring, according to Radar Online. He also went ring-less when he took 16-year-old daughter Morgan to the Coachella music festival two weeks ago. The couple hasn't been photographed together since November 2011, and Dina has reportedly checked herself into a treatment facility because of depression and anxiety brought on by their marital troubles.

Chris Brown and Rihanna

Chris Brown's dad agrees with Rihanna's fans

Rihanna fans aren't the only ones who don't want her and Chris Brown to be an item again. Apparently Brown's own father, Clinton, is against the reunion. "I personally really didn't want him and Rihanna back together," Clinton tells the New York Daily News. "You have to have a balance in a relationship. You have to have someone who is spontaneous but you also have to have someone who is grounded and logical." Still, Clinton admits, there is an obvious appeal to Rihanna. "She's beautiful and successful," he concedes. "You just need that person who will listen to you without judging, who knows what it feels like. If he talks to someone who's not in the business they may not understand."

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How yoga can help your run

Use your yoga to make you a more complete runner. HANDOUT PHOTO

Fitness. Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA McGUINNESS
life@metronews.ca

This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

Learning to let go of your ego and toes

Yoga is about respecting the body and not being too egotistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing, suppleness through the foot," says Denham-Jones.

TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

Single Pigeon

Helps to open up the hip flexors and increase range of motion

Crescent Low Lunge

Stretches out the hamstrings and improves balance.

Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.

Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings

Downward Facing Dog

Stretches the calves and the hamstrings.

Bound Angle

Releases tension in the hip flexors

Take the difficulty out of scalloped potatoes in 6 steps

MAIJA MOMENTS
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

Ingredients

- 8-10 medium potatoes (Russet or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.

4. In a bowl, mix 2% milk, coarse salt and dried mustard or paprika, and pour over top of potatoes.

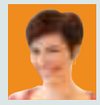
5. Cover with tin foil and bake in preheated 350 F oven for 1 – 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Health Solutions

Digging up health



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Which letter in the alphabet should there be more of? Morels!

Sorry.

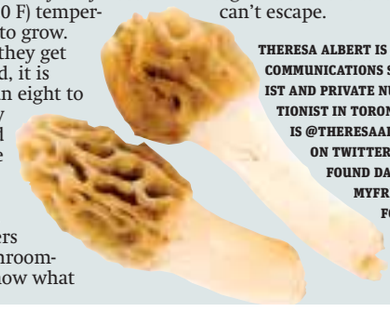
Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. English Muffin Cheese & Tomato Sandwich

1. Heat the toaster oven or conventional oven to 400 F. Line a baking sheet or pan with foil.

2. Toast the English muffin halves until lightly coloured, about 3 to 4 minutes.

3. Top each muffin half with a slice of cheese, then a slice of tomato, a sprinkling of oregano and a bit of the Parmesan cheese.

4. Arrange the muffins on the prepared baking sheet, then return them to the oven and toast for 10 minutes, or until the cheese is melted and bubbly at the edges and the tomato is hot and cooked through. Let cool for several minutes before serving.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

- 4 English muffins, split with a fork
- 8 slices of cheddar cheese
- 8 centre slices of tomato
- Dried oregano
- 2 tablespoons grated Parmesan cheese

Eat your veggies (and enjoy them) with Ratatouille Tian

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. An hour before you cook, cut eggplants crosswise into rounds about 1/8 inch thick. Set rounds in colander, then sprinkle with 1 tsp of salt. Toss to coat, then let rest for 1 hour to allow some moisture to be drawn out of the slices.

2. With paper towels, pat the eggplant slices dry. Set in a bowl and sprinkle with 1 tsp of the herbes de Provence.

3. Cut zucchini and tomatoes crosswise into 1/8-inch rounds. Place in 2 bowls and sprinkle each with 1/2 teaspoon salt and 1 teaspoon of the herbes de Provence.

Ingredients

- 1 1/3 lbs small eggplants
- Fine sea salt
- 3 tsp herbes de Provence (or a mix of dried thyme, rosemary, basil and/or oregano), divided
- 1 1/3 lbs medium zucchini
- 1 3/4 lbs plum tomatoes
- Olive oil
- 2 small onions, thinly sliced
- 8 fresh sage leaves, minced
- 2 garlic cloves, minced

4. Heat oven to 350 F. Use olive oil to lightly coat 8-by-10-inch glass baking dish. Scatter sliced onions evenly over bottom. Sprinkle with 1/4 teaspoon salt and a touch of olive oil.

5. Arrange row of overlapping tomato slices along one side of dish. Pack in tightly so that they are almost upright. Sprinkle with a little sage and garlic. Follow with row of overlapping eggplant slices alongside, then row of zucchini slices, sprinkling each with a little sage and garlic. Repeat pattern until you've filled dish and used all vegetables, packing rows of vegetables together very tightly. If you have vegetables remaining at the end, slip them among their peers to flesh out rows that seem to need it.

6. Drizzle with 3 tablespoons olive oil, cover loosely with foil, and bake 30 minutes. Increase heat to 425 F and bake another 30 minutes. Remove the foil and continue baking until vegetables are tender and tips of the slices are appealingly browned, about another 30 minutes. Serve hot or at room temperature. **THE ASSOCIATED PRESS/ (RECIPE ADAPTED FROM CLOTILDE DUSOULIER'S THE FRENCH MARKET COOKBOOK, CLARKSON POTTER, 2013)**

Montreal musician Rae Spoon, 32, prefers to be referred to by the pronoun they. J.J. LEVINE

Just call me they

Transgender. Rae Spoon doesn't want to be called she — or he

Canadian singer-songwriter Rae Spoon identifies not as a woman, not as a man, but somewhere in between.

To Spoon, and what appears to be an increasingly vocal minority, gender is "more like a whole galaxy."

Which introduces the problem of pronouns. Spoon says he has expectations of maleness, she of female. So Spoon, 32, likes to be referred to as "they." Others prefer "ze" and "hir" (pronounced "hear") or "per" (short for person).

The last decade has seen the growth of the transgender community. The community includes transsexuals — those who aspire to be the opposite gender of the one they were assigned at birth, and perhaps have surgery and/or hormone treatment to achieve that end. But not all transgender people want to be male or female.

"This might be new for many of us," concedes Sheila Cavanagh, sexuality studies program co-ordinator at York University, "but there is a reluctance to recognize a whole host of ways of being gendered that isn't determined by our bodies. We have to challenge our presumptions that to be a man is to necessarily be masculine and to be a woman is to necessarily be feminine."

Throughout history there have been people who blurred gender roles. Joan of Arc wore masculine dress and is cited as an example of cross-gender activity, and in First Nations there have been gender non-conforming people.

The language around this realm can be confusing. Terms include gender non-conforming, gender-independent, gender-variant and gender-queer, the latter preferred by younger people.

Use of language can be fluid. Ivan Coyote, a writer who sometimes works with Spoon, likes to use "they," but when performing in schools also uses she in self-reference. "I have a fairly masculine presence, so in schools I use 'she' because I want to present as wide a spectrum as possible of what a female-assigned person or she person can look like."

How does Coyote want to be referred to for this story? "An artist. Author of 10 books. An activist with youth. A human being. A musician. I'm so many more things than my gender and so much more than someone who doesn't fit into a gender box."

Why is it so important? "I'm walking down the street and a guy follows me in his truck for three blocks and pulls over to ask if I am a man or a woman. That happens to me every day — some version of trying to figure out what gender I am, how much respect he has ... and whether he's allowed to feel sexual attraction ... and he does not know how to relate to me until he can understand what gender I am."

Another question: Has Coyote had sex-reassignment surgery? Why ask, Coyote responds. "If you don't fit into the gender binary, it's acceptable to ask if you had surgery when they are really asking about your genitals. You wouldn't ask a woman if she had breast surgery."

We can try, for the purposes of this story, to refer to Spoon as they. It's not easy. Spoon, who was raised as a girl in an evangelical family in Calgary and now lives in Montreal, came out as transgender 10 years ago and started using the pronoun "he" instead of "she." But now, they felt there were certain expectations that came with male identity. "Even in the queer community, there would be pressure," they said. "You are supposed to do male things. As if you are expected to earn your pronoun..."

On the other hand, there were encounters with people who said Spoon was a woman. "'You have hips.' 'You don't have facial hair' or 'Your voice is high.' But not one of those things makes you male or female."

There were further probing questions: Why not have surgery or hormone therapy — which Spoon has not — to look male/masculine. Now Spoon chooses to use "they."

TORSTAR NEWS SERVICE

He vs. She vs. They

"Gender expectation comes out of sexism. Coming out using the 'they' pronoun is refusing to accept a role. Anyone can refuse it." Canadian singer-songwriter Rae Spoon

Neither gender

Australia and New Zealand now allow citizens to be neither male nor female on their passports. Canada and the U.K. are considering a similar move.

Alison on money

Lessons from Boston and Texas

YOUR MONEY
Alison Griffiths
money@metronews.ca

The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a tornado.

Similar, if somewhat less dramatic, events happen daily and range from death, divorce and illness to unemployment and acts of God. What these incidents have in common is that they're rarely predictable and usually have financial repercussions.

In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

1. Your abode
What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative — consider what it might be.

2. Your job
Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

3. Your commute
I love walking down the hall to work! You might not be so lucky, but for some commuting is actually a source of down time. If you enjoy a few hours of reading the paper on the train or listening to music in your car, remind yourself that this is a positive aspect of each day.

4. Life outside work
Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive. Small pleasures are often the sweetest.

5. Spend on what you love
Try to eliminate anything that doesn't reward you. We shell out huge amounts in mindless haste. Slow down and ask yourself if spending that dollar really enhances your life.

Witnessing tragedies as happened in Boston and Texas is a reminder of our fragility. Examining how we spend and live gives us control over and appreciation of whatever years are available.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

CFL

Roughriders add three to roster

The Saskatchewan Roughriders have added three and subtracted one from their lineup. The team announced on Monday that import running back Dede Dorsey, import defensive lineman Antonio Coleman and import defensive lineman Richard Sumlin have all been signed to deals.

The club also released import wide receiver Brooks Foster from the team.

Dosey joins the team after four seasons in the UFL with the Las Vegas Locomotives. Coleman has spent parts of the last three seasons in the NFL, originally signing with the Buffalo Bills. Sumlin joins the team after playing four seasons with the University of Findlay.

METRO

NHL

Crosby's return still up in the air

Penguins star Sidney Crosby practised on Monday but his status remains uncertain for Wednesday's playoff opener against the New York Islanders.

Crosby hasn't played since breaking his jaw a month ago, missing Pittsburgh's final 12 games of the regular season. He underwent dental procedures and was cleared to return to non-contact drills last week. Crosby says he'll see doctors again Tuesday and will not play until he is given clearance.

THE ASSOCIATED PRESS

A new bitter rivalry ready to emerge?

NHL playoffs. Animosity absent so far as Sens prepare to meet Canadiens for first time in post-season

The Senators and Canadiens meet in the playoffs for the first time starting Thursday night at Montreal's Bell Centre. The scrappy seventh-seed Sens will look to oust a Canadiens club that vaulted from last place at the end of last season to second place at the end of this lockout-shortened campaign. RICHARD WOLOWICZ/GETTY IMAGES FILE

A tough battle awaits Montreal against the Ottawa Senators in the NHL playoffs, but the Canadiens will gladly take it after what happened last year.

The Canadiens were dead last in the Eastern Conference a year ago and by late April were well into their off-season routines. Now they face a best-of-seven first-round series against their closest geographical rival.

"It's tough when you finish in 15th place," defenceman P.K. Subban said on Monday. "Some guys are going home right now and some are going to the world championship.

"Some are going to start training in another week and a half. We're still playing hockey. We're privileged to do that."

The Senators are also looking forward to a first meeting with Montreal.

"They have a pretty good team over there," goalie Craig Anderson said. "They have come a long way all year and they found a way to win the division, especially after having a sub-par year last year, so they are definitely feeling good about themselves."

The Canadiens ended up second in the conference when the Senators knocked off the Bruins 4-2 in Boston on Sunday night in a game postponed by the Boston Marathon bombing two weeks ago.

The series gets underway at Bell Centre on Thursday night. The teams have never really had a heated rivalry, but that could change when they meet in the post-season.

It isn't likely to be the most physical series, but should be a close one between two skilled clubs who each went 2-1-1 against the other this season.

However, the Senators were missing four key elements for much of the season in Anderson and defencemen Erik Karlsson and Jared Cowen — who all recently returned to the lineup — and still-sidelined centre Jason Spezza.

Karlsson emerged as a star last season when he won the Norris Trophy as the league's top defenceman and his return from an ugly skate cut is a huge boost to Ottawa's attack, especially on the power play.

In his absence, Subban has become a Norris candidate with 11 goals and 38 points in 41 games. THE CANADIAN PRESS

Quoted

"Erik's a great player and I'm sure he'd say the same thing — this series isn't going to be decided by two players."

Canadiens defenceman P.K. Subban on Senators blue-liner Erik Karlsson.

Bruins have the upper hand against Leafs

Diagnosed with an "upper-body injury," Tyler Bozak, left, skates during a Maple Leafs practice on Monday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Tyler Bozak hardly practised, Phil Kessel didn't speak and Nazem Kadri crashed the net, literally, at the Leafs training centre on Monday.

The playoffs haven't even started yet, but already there are no shortage of storylines surrounding the Maple Leafs.

Toronto (26-17-5) makes its long-awaited return to the post-season on Wednesday in Boston, with coach Randy Carlyle declaring the fifth-seeded Leafs the underdog against the fourth-seeded Bruins.

General manager Dave Nonis agreed that Boston (28-14-6) enters the series as favourite.

"I don't think that that means anything," he added. "You can term a team the underdog but you have to play the games."

Carlyle was more concerned about his team than the Bruins, saying the Leafs have to get back to playing their style of hockey — skating, forechecking, clearing the defensive zone and relying on their special teams. Not all the pieces for success are in place, though.

Bozak has missed the last two games with an upper body injury — observers point to a possible shoulder injury in last Wednesday's game against Tampa Bay. Carlyle called him day-to-day.

There were some anxious moments when Kadri went flying into the goal on a drill. He continued practising but paused briefly to have a trainer put a bandage near his hip.

Kessel has been quizzed repeatedly about Boston and his struggle to excel against them. The Bruins have put hulking defenceman Zdeno Chara on the ice whenever Kessel jumps over the boards — to great effect. THE CANADIAN PRESS

4 SPORTS

NBA vet Jason Collins comes out as gay

Washington Wizards centre Jason Collins rebounds against the Bulls on April 17 in Chicago. JONATHAN DANIEL/GETTY IMAGES

'I'm raising my hand.' 34-year-old centre's announcement immediately draws support from NBA, athletes in other sports

With the simplest of sentences, NBA veteran Jason Collins set aside years of worry and silence to become the first active male player in one of four major U.S. professional sports leagues to come out as gay.

In a first-person article posted Monday on Sports Illustrated's website, Collins begins: "I'm a 34-year-old NBA centre. I'm black. And I'm gay."

Collins has played for six teams in 12 seasons, most recently as a reserve with the Washington Wizards after a trade from the Boston Celtics. He is now a free agent and wants to keep playing.

"I wish I wasn't the kid in the classroom raising his hand and saying, 'I'm different,'" Collins writes. "If I had my way, someone else would have already done this. Nobody has, which is why I'm raising my hand."

Saying he had "endured years of misery," Collins immediately drew support for his announcement from the White House, the NBA, current and former teammates and athletes in other sports.

Los Angeles Lakers star Kobe Bryant tweeted that he was proud of Collins, writing: "Don't suffocate who u r because of the ignorance of others."

"We've got to get rid of the shame. That's the main thing. And Jason's going to help that. He's going to help give people courage to come out," said Billie Jean King, a member of the International Tennis Hall of Fame who confirmed she was gay in the early 1980s.

The Wizards issued a statement from President Ernie Grunfeld: "We are extremely proud of Jason and support his decision to live his life proudly and openly. He has been a leader on and off the court and an outstanding teammate throughout his NBA career. Those qualities will continue to serve him both as a player and as a positive role model for others of all sexual orientation."

Collins' coach with the Celtics, Doc Rivers, drew a comparison between Monday's announcement and Jackie Robinson's role when he joined the Brooklyn Dodgers in 1947 as the first black player in Major League Baseball.

"If you have learned anything from Jackie Robinson, it is that teammates are always the first to accept. It will be society who has to learn tolerance," Rivers said. THE ASSOCIATED PRESS

D.C. applauds Collins

The White House is commending Collins for his decision to come out as gay.

- First lady Michelle Obama took to Twitter Monday to applaud Collins: "So proud of you, Jason Collins! This is a huge step forward for our country. We've got your back!" the tweet read.
- White House spokesman Jay Carney called the decision courageous and says he hopes Collins' colleagues will offer support.
- Former U.S. President Bill Clinton said Collins' announcement is an "important moment" for professional sports and the LGBT community.

Tebow Time comes to an end in New York

Tebow Time is off the clock.

Tim Tebow was waived by the Jets on Monday, the end of an unsuccessful one-season experiment in New York that had been expected for months.

"Unfortunately, things did not work out the way we all had hoped," coach Rex Ryan said in a statement by the team in announcing the move.

The Heisman Trophy winner attempted just eight passes after his ballyhooed arrival in a surprising trade from the Denver Broncos in March 2012. He threw for 39 yards and rushed 32 times for 102 yards — and stunningly had no touchdowns as a member of the Jets.

Meanwhile, starter Mark Sanchez struggled amid constant questions about Tebow's playing time, and still Tebow remained mostly on the sideline. The Jets and new general manager John Idzik drafted former West Virginia star Geno Smith in the second round of the NFL draft Friday, giving New York six quarterbacks on its roster — and creating uncertainty about Sanchez's future as well.

Quarterback Tim Tebow was waived by the New York Jets on Monday. GETTY IMAGES

Tebow arrived at the team's facility in Florham Park, N.J., on Monday morning and was told he had been cut.

"Tim is an extremely hard worker, evident by the shape he came back in this off-season," Ryan said. "We wish him the best."

Tebow took to Twitter a few hours later, citing a Bible verse: "Proverbs 3:5-6: Trust in the Lord with all your heart and do not lean on your own understanding," he wrote, "in all your ways acknowledge Him, and He will make your paths straight."

While everyone from Johnson to Ryan to former general manager Mike Tannenbaum to former offensive co-ordinator Tony Sparano said they were all "on board" with Tebow, it became evident early that he had no clear role, and Tebow simply didn't impress enough in practice to earn more playing time. THE ASSOCIATED PRESS

What about the CFL?

The Montreal Alouettes would welcome Tim Tebow to the CFL — provided he's willing to compete for a job as a backup quarterback.

- "If Tim Tebow wants to come to Canada we'd definitely welcome him. That's why we have him on our neg list and we'd take a look at him and see if he can play in Canada, but it would obviously be competing for a backup job," Alouettes general manager Jim Popp said.

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins series 4-0)
Sunday's result
Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)
(New York Leads 3-1)
Wednesday's game
Boston at New York, TBA

INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Monday's result
Atlanta 102 Indiana 91

BROOKLYN (4) VS CHICAGO (5)
(Chicago leads series 3-2)
Monday's result
Brooklyn 110 Chicago 91

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads series 3-0)
Monday's result
Oklahoma City at Houston

SAN ANTONIO (1) VS L.A. LAKERS (7)
(San Antonio wins series 4-0)
Sunday's result
San Antonio 103 L.A. Lakers 82

DENVER (3) VS GOLDEN STATE (6)
(Golden State leads series 3-1)
Sunday's result
Golden State 115, Denver 101

L.A. CLIPPERS (4) VS MEMPHIS (5)
(Tie 2-2)
Tuesday's game
Memphis at L.A. Clippers, 10:30 p.m.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)

EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)
Wednesday's game
NY Islanders at Pittsburgh, 7:30 p.m.
Friday's game
NY Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) VS. N.Y. RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)
Wednesday's game
Toronto at Boston, 7 p.m.
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
Tuesday's game
Minnesota at Chicago, 8 p.m.
Friday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
Tuesday's game
Detroit at Anaheim, 10:30 p.m.
Thursday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's game
San Jose at Vancouver, 10:30 p.m.
Friday's game
San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
Tuesday's game
Los Angeles at St. Louis, 8 p.m.
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.
x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	18	7	.720	—
Baltimore	15	10	.600	3
New York	15	10	.600	3
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	13	9	.591	—
Detroit	14	10	.583	—
Minnesota	11	11	.500	2
Chicago	10	14	.417	4
Cleveland	9	13	.409	4

WEST DIVISION

	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	14	12	.538	2½
Seattle	11	16	.407	6
Los Angeles	9	15	.375	6½
Houston	8	18	.308	8½

Monday's results
Houston 9 N.Y. Yankees 1
Detroit 4 Minnesota 3
Cleveland at Kansas City
L.A. Angels at Oakland
Baltimore at Seattle
Tuesday's games
All times Eastern
Houston (Humber 0-5) at N.Y. Yankees (Kuroda 3-1), 7:05 p.m.
Minnesota (Worley 0-3) at Detroit (Verlander 2-2), 7:05 p.m.
Boston (Lester 4-0) at Toronto (Morrow 0-2), 7:07 p.m.
Philadelphia (Halladay 2-2) at Cleveland (McAllister 1-3), 7:10 p.m.
Chicago White Sox (Quintana 2-0) at Texas (Darvish 4-1), 8:05 p.m.
Tampa Bay (Cobb 3-1) at Kansas City (Shields 1-2), 8:10 p.m.
L.A. Angels (Richards 1-1) at Oakland (Parker 0-4), 10:05 p.m.
Baltimore (Hammel 3-1) at Seattle (Maurer 2-3), 10:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 3 Washington 2
N.Y. Mets at Miami
San Diego at Chicago Cubs
Pittsburgh at Milwaukee
Cincinnati at St. Louis
San Francisco at Arizona
Colorado at L.A. Dodgersm

Horoscopes

♈ Aries
March 21 - April 20
Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

♉ Taurus
April 21 - May 21
Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

♊ Gemini
May 22 - June 21
You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

♋ Cancer
June 22 - July 23
Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

♌ Leo
July 24 - Aug. 23
Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

♎ Libra
Sept. 24 - Oct. 23
Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

♐ Sagittarius
Nov. 23 - Dec. 21
Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

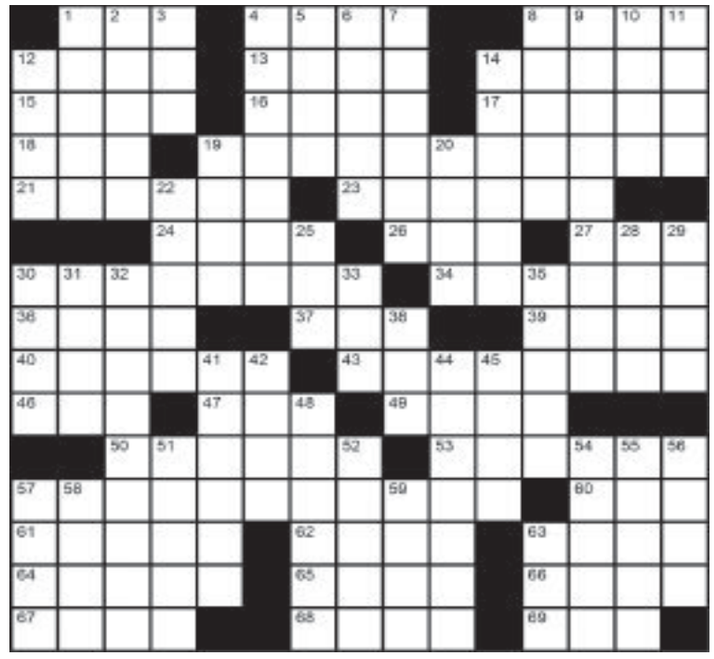
♑ Capricorn
Dec. 22 - Jan. 20
Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

♒ Aquarius
Jan. 21 - Feb. 19
You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

♓ Pisces
Feb. 20 - March 20
Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. SALLY ROMPTON

Crossword: Canada Across and Down

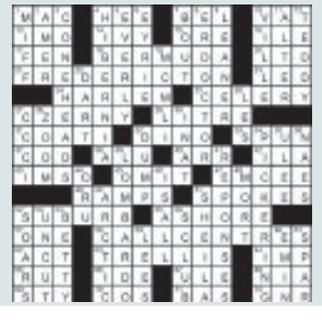
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Crash Test Dummies song, when repeated
4. "Phooey!" [pl.]
8. House: Spanish
12. Frolic
13. Parkay, for one
14. Type of mil. mission
15. Once, poetically
16. Actor, __ Patrick Harris
17. Brit singer Mr. John
18. Univ. web address word, sometimes
19. Midnight, April 30th: 2 wds.
21. Bow
23. "Whose Line Is It Anyway?" specialty
24. Medium, on a label
26. Toronto Raptors org.
27. Medit. locale
30. Canadian History: Farmer of New France
34. Rustling sounding
36. Old†Testament book after Genesis, for short
37. Figure skater Ms. Babilonia
39. Ancient portico
40. Sources of strength
43. Sherlock Holmes sidekick: 2 wds.
46. Mode's intro: 2 wds.
47. 'Human' suffix
49. New Zealand fruit
50. Canadian ice dancing champs, Tessa __ & Scott Moir
53. Tortilla treats
57. "The Kids in the Hall" character: 2 wds.
60. Li'l baseball official
61. WWII Riveter
62. Prefix with 'globin'
63. Prefix to 'dextrous'
64. Vows-exchanging spot
65. From square one
66. Filth
67. "__ Girls" (2004)
68. Mr. von Sydow's on
69. 'Conc' completer (Acknowledge defeat).

Down
1. Tuesday: French
2. Canadian fast food chain: 2 wds.
3. Shopping estab.
4. Western series Ottawa-born actor Lorne Greene starred
5. Author Mr. Haley
6. Swiss character in literature
7. Seriously sincere
8. Yo-Yo Ma's instrument
9. Protest participants, perhaps
10. Coming __ to a theatre near you...
11. Ms. Hathaway
12. Scornful look
14. Sketch again
19. "Hop __ __!" (Move!)
20. Some police alerts, for short
22. Where the hit song (usually) wasn't, __ __
25. 'Differ' suffix
28. "Vamoose!"
29. Meg of movies
30. "__ _ Rebel" by The Crystals
31. Botanical leaf-to-stem angle
32. Cape __, Nfld.
33. Smidgen
35. 'Real' suffix
38. Bother
41. Employee
42. Locale
44. Microsoft operating system
45. Out
48. Lena of HBO's "Girls"
51. 'Beaut' suffix
52. Nina Dobrev's "The Vampire Diaries" dual role, __/Katherine
54. Sauna-like weather
55. Darker-to-lighter highlights
56. BBQ rod
57. Study hard
58. Courtney Love band
59. Charge card, commonly
63. 'Block' suffix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5		7				1	3
3	6		1		4	2		
		7			5			8
5						6	2	
6			2		1			9
	9	1						5
7			5			1		
		8	4		2		7	6
9	2				7		8	4

Yesterday's Sudoku

7	8	5	6	2	1	3	9	4
6	9	3	8	5	4	7	2	1
4	2	1	9	7	3	6	8	5
8	1	6	4	3	9	2	5	7
2	3	7	1	8	5	4	6	9
9	5	4	7	6	2	1	3	8
1	4	2	3	9	8	5	7	6
5	7	8	2	1	6	9	4	3
3	6	9	5	4	7	8	1	2

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What is Spinal Decompression?

Back pain will affect more than 80% of the population at some point in their life. The result of recent advances in biotechnology, Spinal Decompression Therapy (SDT) has evolved into a non-surgical treatment option for many back problems. It works by releasing compressed spinal discs and returning the spine to its natural state. By producing and sustaining negative pressure between and within the disc, SDT enables the disc to decompress, replenishing much-needed nutrients, fluids and oxygen to the injured or degenerated disc while working like a vacuum to draw the bulging or herniated disc back into place.

Advanced Technology for Better Results

Treatments are customized according to each patient's specific needs. Advanced technology allows treatments to be accurately controlled by computer and monitored several times a second by sensitive feedback mechansims.

This targets the affected area accurately and keeps the back from its natural tendency to tense up, making SDT much more effective than many other treatments.

Treatments

Treatments last about 30 minutes and are gentle and relaxing. Most patients begin to feel improvement after a few treatments. Studies have high success rates, with up to 80% of patients reporting significant decreases in pain, and better mobility. SDT is cost-effective and covered by most private insurances.

Conditions Treated

- Disc Bulge or Herniation
- Radioculopathy (Pinched Nerve)
- Degenerative Disc Disease
- Carpal Tunnel Syndrome
- Spinal Stenosis
- Neck & Back Pain
- Fibromyalgia
- Osteoarthritis
- Sciatica
- Headache
- Scoliosis

Heal Your Joint Pain and Injuries

HealthMedica specializes in providing modern and non-invasive treatment options for orthopedic pain. ShockWave Therapy (SWT) has proven to be a safe and effective treatment method in orthopedics and sports medicine.

Shockwave Therapy

Shockwave Therapy (SWT) is the most advanced nonsurgical technology currently available for treating joint, tendon, ligament and muscle problems.

This technology was originally developed for breaking up kidney stones, and was later modified for orthopedic uses. Universities and Olympic team doctors are among those who include Shockwave in their spectrum of services. This latest generation treatment helps your body heal itself.

Shockwaves are very brief, high-energy pressure waves that penetrate to the site of injury and signal the body to begin a cascade of repair effects.

Mechansim of Action

Shockwaves are pressure waves, not electricity, with a very specific wave form. Unlike standard ultrasound, Shockwave Therapy penetrates deep into the tissue, to the site of injury. Cells respond to Shockwave therapy as they would to trauma, by sending a strong cellular healing signal. Numerous studies show the release of growth factors, anti-in-flammatory agents and an improved blood supply in response to Shockwave treatments.

This treatment can help heal recent injuries or chronic injuries that do not improve on their own.

Evidence-Based Success

Usually 3-7 treatments are required to fully resolve an injury although many patients report improvements after the first session.

After a thorough initial exam, treatments take about 20-30 minutes and are painless. Studies report a healing rate of 65% to 85%, far superior to most other modalities. Most private insurances cover this treatment.

www.jbmedia.ca@chetanhitang

Conditions Treated

- Shoulder Injuries (eg. rotator cuff)
- Tendon and Ligament Injuries
- Foot Pain (eg. plantar fascitis)
- Tennis / Golfer's Elbow
- Morton's Neuroma
- Jumper's Knee
- Muscle Pain
- Bursitis
- Achilles Pain
- Stress Fractures

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